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Ontario Department of Education

SYLLABUS

OF

SUMMER COURSES AND EXAMINATIONS

FOR

Teachers' Certificates

IN

Physical Culture

1920

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SUMMER COURSES AND EXAMINATIONS FOR TEACHERS' CERTIFICATES IN PHYSICAL CULTURE

1. (1) Subject to such exemptions as may be granted by the Minister under these provisions, the work for the certificate in Elementary Physical Culture may be completed in one Summer Course, that for the Supervisor's or Specialist's certificate in two Summer Courses.

(2) The holders of Strathcona Grade B certificates may be exempted from such exercises and examinations as are covered by said certificates.

(*c*) Before male candidates can be granted certificates as Supervisors or as Specialists in Physical Culture they are required to submit their Cadet Instructors' certificates to the Department.

Department of Militia and Defence

2. Candidates who have been duly admitted, and who pass the examinations and other tests prescribed, will be granted by the Department of Militia and Defence, Ottawa, (1) Strathcona Grade B Certificates; and (2) Cadet Instructors' Certificates, Grade A, which will qualify the holders for the rank of Lieutenant in the Active Militia and for a Cadet Instructorship.

Equipment

3. All women candidates are required to wear in the practice classes the regulation costume, consisting of black or dark blue bloomers, white middy blouse, black leather ballet or tennis shoes. They are also required to supply their own bathing-suits, head-caps and bath towels. Each piece should be distinctly marked with the owner's surname.

COURSES OF STUDY

4. The following are the courses in Parts I and II:

Part I

PRINCIPLES

For Men and Women

The following topics will be dealt with in their relation to Physical Culture:

(1) Anatomy:

Bone, composition, classification.
Bones of upper extremity.
Bones of vertebral column.
Bones of the head.
Bones of the abdomen and thorax.
Bones of lower extremity.

Joints—classification and description of movable joints.
Importance of joints.

Muscle—varieties.
Origin, insertion and action.

Digestive system—stomach, liver, etc.
Circulatory system—heart, arteries, veins, etc.
Respiratory system.
Nervous system.

(2) Physiology:

Oxidation and waste, metabolism.
Blood, composition, quality, the heart beat.
Respiration—mechanism, changes in the lungs, in the tissues.
Nervous mechanism of respiration.
Physiology of muscle.

Digestion:

Digestive juices.
Function of saliva, gastric juice, pancreatic juice, and bile.
Succus entericus.
Changes in the food in the alimentary canal.
Lymph—movements.
Absorption.

Nutrition:

Comparison of income and output of material.
Animal heat.
Diet.

(3) First aid to the injured.

Shock, wounds, bleeding, burns, exposure to cold, frostbite, fractures, sprains and dislocations, restoration of apparently drowned, choking, foreign bodies in eye or ear, unconsciousness, fainting, apoplexy, heat stroke, poisons, bandaging.

(4) Playgrounds:

Philosophy of play.
Technique of constructive play.
Playground construction.
Relation of playgrounds to communities.

Part I

PRACTICE

For Men Only

(1) Mutual Instruction in Calisthenics.

Dumb bells
- (a) Roberts.
- (b) Barton.
- (c) Combination.

Wands
- (a) Elementary.
- (b) Barton.
- (c) Miscellaneous.

Clubs—class club-swinging.

(2) Elementary exercises on the following apparatus:

Horse: vaults—
- Flanks.
- Front.
- Rear.
- Screw.
- Squat.
- Straddle.
- Wolf.

Mats:—Jumps and hops.
Jumps and hops with turns.
Front and back rolls.

Vaulting bar: vaults—same as on horse.
Underswings.
Underswings with turns.

Buck: vaults—same as on horse and vaulting bar.

(3) Indoor games—course to enable teachers to coach and referee the following games:
- (a) Basket ball.
- (b) Indoor baseball.
- (c) Volley ball.
- (d) Gymnasium games.

(4) Outdoor athletics:

Field and track sports—course to enable teachers to coach athletes and to direct athletic meets.
- (a) Starting.
- (b) Sprinting.
- (c) Running.
- (d) Broad jump.
- (e) High jump.
- (f) Shot put.
- (g) Hurdles.

(5) Playground games.

For Women Only

(1) Gymnastic tactics:

Order, movements.
Dressing, marking time, turning, marching.
Simple formations.

(2) Calisthenics:

Elementary dumb-bell exercises.
Elementary wand exercises.
Elementary club exercises.
Body building and corrective exercises.

(3) Apparatus:

Elementary exercises on the following apparatus:
Horse, parallel bars, suspended ladder, Swedish stall bars, rings, jumping standards, mats.

(4) Indoor games:

Field-day sports.
Gymnasium games, including basket ball, indoor baseball, schoolroom games.

(5) Playground games.

(6) Dancing:

Technique of dancing (elementary).
Simplified aesthetic dances.
National dances.
Folk-dances.
English country and Morris dances.

(7) Swimming (elementary).

Part II

PRINCIPLES

The following topics will be dealt with in their relation to Physical Culture:

For Men and Women

(1) Hygiene and sanitation:

Air, water, food, ventilation, sleep.
School, dwelling, and camp hygiene.
Kitchen waste and sewage disposal.
Infection and its prevention.
Immunity, communicable diseases.

(2) Physiology of exercise:
Combustion.
Fatigue.
Breathlessness.
Stiffness.
Overwork.
Repose.
Effects of training.
General effect of exercise.
Mental work and physical exercise.
Co-ordination in exercises.

(3) Anthropometry:
Parts to be measured.
Instruments necessary.
The average physique.
The ideal physique.

(4) Body building:
Exercise for neck, chest, arms, forearms, upper back, lower back, thigh, leg.

(5) Corrective work:
Exercises for round shoulders, low shoulder, high shoulder, spinal curvature, uneven hips, poor circulation, deficient lung capacity, constipation.

PRACTICE

For Men Only

(1) Practice teaching.

(2) 1st and 2nd grade exercises on the following apparatus:

Horse—Vaults.
Feints.
Circles.
Combinations of vaults, feints and circles.
Thief jumps—with turns.

Mats: Rolls.
Dives.
Cartwheels.
Head stands.
Hand stands.
Hand springs.

Parallel Bars: Rests.
Seats.
Walks.
Jumps.
Vaults.
Spreads.

Horizontal Bar: Grasps—Ordinary.
Reversed.
Combined.
Rests — Free.
Riding.
Circles—Knee.
Seat.
Underswings.

Ladder—Hangs.
Walks.
Swings.

Rings — Hanging stand.
Hammock hangs.
Pull ups.
Hangs with pull ups and leg expressions.

(3) Corrective apparatus—use of same.

(4) Outdoor athletic games—course to enable teachers to coach and referee the following games.
Lacrosse.
Hockey.
Rugby.
Soccer.
Baseball.

(5) Boxing and singlestick.

(6) Swimming—including life-saving methods and Schafer method of resuscitation.

For Women Only

(1) Gymnastic tactics (advanced):
Formations for the individual in a rank.
Evolutions of the rank as units.
Figure marching.

(2) Calisthenics:
Advanced dumb-bell exercises and drill.
Advanced wand exercises and drill.
Advanced club exercises and drill.
Practice-teaching in Calisthenics and Gymnastic Tactics.

(3) Athletic games—Course to enable teachers to coach and referee the following:
Basketball.
Indoor baseball.
Volley ball.
Field-day sports.

(4) Playground games.

(5) Dancing:

Technique of dancing (advanced).
Aesthetic or classic dancing (advanced).
National dances, including:
Sailors' hornpipe.
Highland fling.
Sword dance.
English Morris dance.

(6) Swimming—including life-saving methods.

BOOKS OF REFERENCE

5. The following list of books is recommended for reference; those marked with an asterisk being of special importance:

*Physical Training, Including First Aid to the Injured and Athletics. By Jas. W. Barton, M.D., Physical Director in the University of Toronto. Musson Book Co., Toronto	$0.75
At Home in the Water. By Geo. H. Corsan, Swimming Instructor, University of Toronto. Association Men Press, New York City	.75
Folk Dances and Singing Games. By Elizabeth Burchenal	1.50
Dances of the People. By Elizabeth Burchenal	1.50
The Chalif Text-book of Dancing. By L. H. Chalif	3.00
Games for the Playground, Home and Gymnasium. By Jessie Bancroft	1.50
*The Syllabus of Physical Exercises for Public Elementary Schools (Strathcona Trust). Copp, Clark & Co., Toronto	.25
Lawn Sports and Volley Ball. A. G. Spalding & Bros., Yonge St., Toronto	.25
American Play. By Nero. Bale Association, Boston, Mass.	2.00
Play Technique and Playcraft. By Neland. Baker & Taylor, New York	2.50
Training of the Boy. By McKever. Macmillan Co.	2.00
Training of the Girl. By McKever. Macmillan Co.	2.00

EXAMINATIONS

6. (1) The examinations for the Strathcona Grade B and Cadet Instructors' certificates are held by the Department of Militia and Defence, and the results thereof are accepted by the Department of Education as parts of its examinations for certificates in Physical Culture.

(2) The standing of candidates for certificates in Physical Culture will be determined by the results of the sessional work, the final practical tests and the final written examinations. The following is the scheme of examinations and tests, and the maximum marks for each:

WRITTEN EXAMINATIONS

Part I—Anatomy, 100; Physiology and First Aid, 100.

Part II—Hygiene and Physiology of Exercise, 100; Anthropometry and Corrective work, 100.

SESSIONAL AND FINAL PRACTICAL TESTS

Part I

For Women.

Calisthenics	200
Apparatus	50
Playground Games and Military Drill	200
Swimming	50

For Men.

Calisthenics	100
Apparatus	200
Playground Games, Indoor Games, and Athletics	150
Swimming	50

Part II

For Women.

Calisthenics	200
Dancing	100
Playground Games and Military Drill	100
Swimming	100

For Men.

Calisthenics, Boxing and Single Stick	100
Apparatus	200
Athletic Games	100
Swimming	100

(3) In each of the practical tests forty per cent. of the marks will be assigned to the sessional and sixty per cent. to the final tests.

(4) The requirements to pass are 50 per cent. of the marks assigned to each subject of the written and practical tests.

(5) A candidate who fails on only one subject may complete his standing by passing on that subject at a subsequent examination.

CERTIFICATES

1. Candidates who pass the prescribed examinations for Part I will be granted Interim certificates as teachers of Elementary Physical Culture valid in a Public, Separate, High or Continuation School, provided they are otherwise qualified to teach in such schools.

2. Candidates who hold First or Second Class certificates and who pass the prescribed examinations for Parts I and II will be granted Interim certificates as Supervisors of Physical Culture in a Public or Separate School.

3. Candidates who hold High School Assistants' certificates and who pass the prescribed examinations for Parts I and II will be granted Interim certificates as Specialists in Physical Culture valid in a Public, Separate, High or Continuation School or Collegiate Institute.

NOTE.—In addition to passing the prescribed examination for Parts I and II, male teachers are required to present for inspection their certificates as Cadet Instructors before they can be granted certificates as Supervisors or Specialists in Physical Culture.